

Premier Health Products Zero-Gravity Massage Chair



User Manual



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User Manual for Zero-Gravity Massage Chair

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Safety Precautions

Before Use

- A. Follow this user guide to assemble all parts and ensure complete setup.
- B. Place the chair on a flat solid surface. Utilize a power outlet close to the chair with good grounding. Always use a high-quality surge protector and don't share the outlet with other devices. Don't place the chair in direct sunlight, high-humidity, or dusty locations.
- C. Make sure main power switch is in the 'OFF' position before setting up the chair.
- D. Keep power cords, wires and the chair away from heat sources.
- E. Do not block air circulation to the chair.
- F. Consult your medical provider prior to using, especially if you have, or may have heart or circulatory problems, injuries, or any neurological, spinal, orthopedic, menstrual problems or any other medical condition.
- G. DO NOT USE IF YOU ARE PREGNANT or think you might be pregnant.

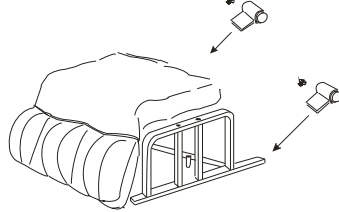
While In Use

- A. Keep all items away from the chair.
- B. Never use this chair to massage head, face, hands, elbows, knees, feet, buttocks or abdomen.
- C. Wear loose and comfortable clothes, with no collars or other tight bands. Remove all hard objects from pockets before massaging.
- D. Use for no longer than 30 minutes per session. For best effect use for 15 minute sessions and no longer than 3 minutes of stationary massage in a single position.
- E. Stop use immediately if you experience discomfort.

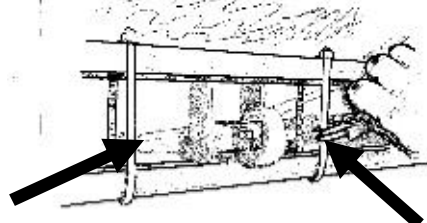
After Use

- A. Restore the chair to its full upright position and fold up the foot rest.
- B. Place your remote control in the pocket at left side of the chair-back.
- C. Do not disassemble the chair or attempt maintenance or repairs without contacting Premier Health Products first.
- D. If you will not be using the chair for several days in a row, turn the power switch on the chair off, and then unplug it from the surge protector.

Assembly Instructions

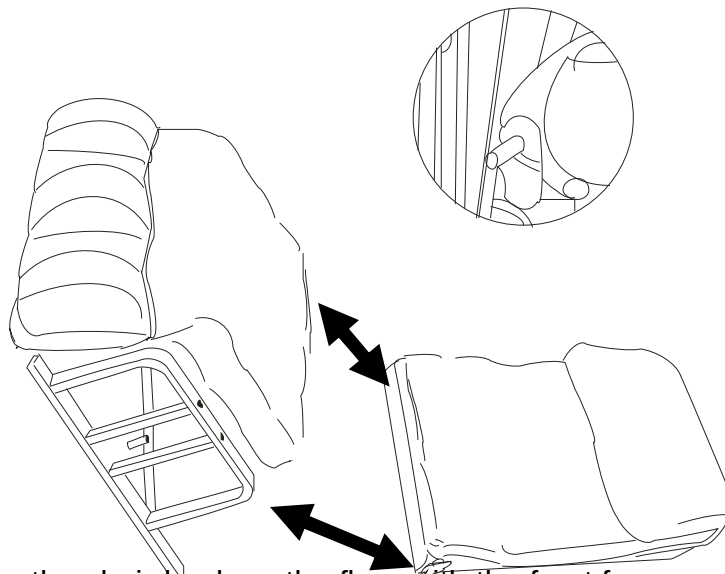


Install the two rear caster wheels on the seat frame legs.

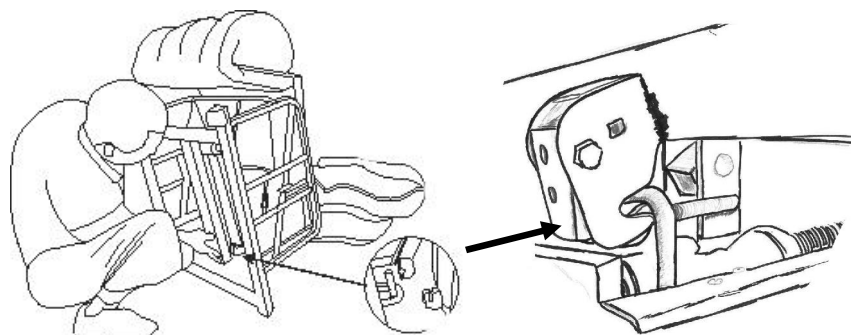


Cut the two tie-wraps securing the seat frame to the chair frame on the front of the chair.

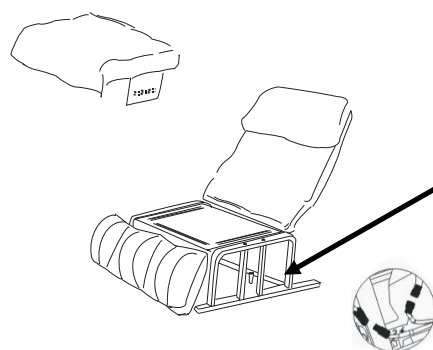
PADS—two full size and one 1/2 size back pads have been included. They can be inserted into the pouch on the back side of the back pillow to adjust the massage strength. It is highly recommended to use one or more pads when you first start your sessions, then remove them as you adjust to the massage strength.



Place the chair-back on the floor with the front face up. Push down seat-frame to connect the two shaft-pins at the upper-rear, to the two claws at the left and right sides of the chair-back.

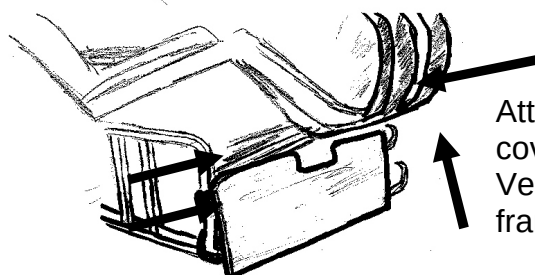
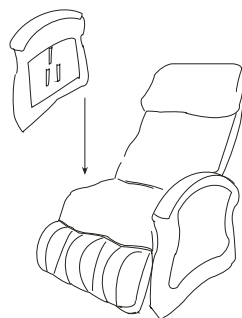


Push to link the knuckle at the bottom of chair-back to the 'U' hook at the reclining driven sleeve under the seat-frame.



Connect the yellow 'A' wires together and the white 'R' wire connectors together. Place seat cushion on the seat frame and wrap the Velcro strips around the seat-frame.

Line up and insert the 3 prongs on the inner side of the armrest into holes at the edge of seat-frame. Attach the wing nut to the middle prong and hand-tighten.



Attach the seat front cover by wrapping the Velcro strips around the frame .

Remote Control Functions

AUTO When the chair is powered on, the red light will light, indicating the chair is in automatic mode and will perform a preprogrammed massage. To switch to manual mode, press the button once and the red light will go off, indicating you can set your own manual functions for Rolling, Kneading and Tapping.

FUNCTION (Kneading, Tapping) When in manual mode the light is orange. Press once to go to kneading and light will turn red, press once more for tapping and the light will turn green. Press the button once more to stop the function and the light returns to orange. See page 8 for function descriptions.

SHOULDER When in manual mode, press this button to confine the rolling stroke to the shoulder area only.

BACK When in manual mode, press this button once to confine the rolling stroke to the back area only.

WAIST When in manual mode, press this button once to confine the rolling stroke to the waist area only.

DOWN Press this button once and the chair will go to its full recline position. Press again and the chair will stop in that position. The footrest and back work in combination and are not controllable individually.



ON-OFF Power Button. Press this button once to turn the chair on. If no other buttons are pressed, it will give a pre-programmed 15 minutes massage. Press the button again and the chair will reset to the full upright starting position and turn off.

FULL STROKE (ROLLING) This is the default mode when the chair is powered on and the light will be red. Press this button once (the red light goes off) to go to manual control of Rolling, Then press the FUNCTION button to add Kneading or Tapping to customize your massage.

UP & DOWN (ROLLING) When in manual mode, press and hold the up or down button; when the rollers reach the desired position, release the button and the rollers will stay at the desired position for kneading or tapping.

FOOT Press this button to start your leg / foot massage at the slow speed. Press again to increase the speed to medium, and once again for high speed. Then press once more to turn off the leg / foot massage.

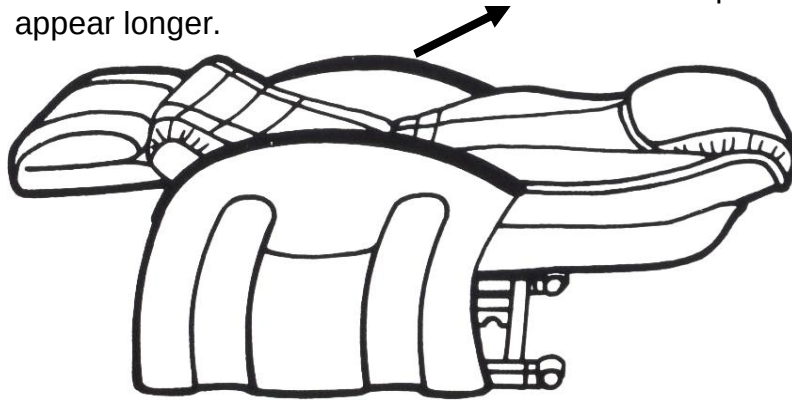
WIDTH Press this button and hold until the rollers reach the desired width, then release the button. The massage rollers will stay at that width for the duration of your session.

UP When in the recline position, press this button once and the chair will return to it's full, upright position. Press again at any time and the chair will stop in that position. The footrest and back work in combination and are not controllable individually.

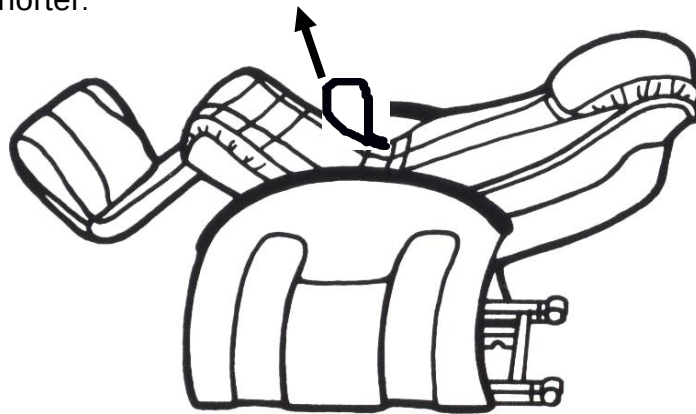


Introducing the Inversion position and the Zero Gravity position

For Inversion position, start with the chair in it's normal upright position and pull the control cable loop up and toward the rear of the chair. The cable loop will appear longer.



For Zero Gravity position, start with the chair in it's normal upright position and pull up and forward to lock the chair in 0 Gravity position, the cable loop will appear shorter.



CAUTION: Change from Zero Gravity to Inversion (and vice versa) only when the chair is in the full upright position.



ROLLING Your massage begins with the up and down motion known as effleurage. Rolling warms up and loosens muscles to enable your body to receive a deeper therapeutic massage while relieving tension.



KNEADING is a technique which is more intense than rolling. It relieves soreness and releases 'knots' while stretching back muscles. This therapy is best known for improving circulation while revitalizing muscles and tissue.



TAPPING This technique emulates the feel of fists rapidly tapping your back muscles leaving you stimulated, rejuvenated and free from daily stress.

Troubleshooting

	<u>Problem</u>	<u>Check For</u>
A	No Power	Make sure the chair is plugged in Make sure the main power switch on your chair is 'ON' (illuminated) Check the fuse and replace if burned out (fuse location is below the red power switch)
B	Chair will not recline	Check the White 'R' wire connector underneath your chair.
C	Foot massage will not work	Check the Yellow 'A' wire connector underneath your chair.
D	Chair 'jams' while reclining or makes loud 'popping' noises while reclining	Referring to this manual and the setup instructions, check to ensure the chair back is latched to chair seat correctly (page 5)
E	Chair is operating erratically, or won't respond to remote	Follow the procedure for B, and 'Reset' the chair by 1) turning off power on your remote, 2) turn off the power on the main switch on your chair, 3) unplug the power cord. Allow to remain off for at least 10 minutes. Then power the chair back on by reversing the sequence.

If you cannot solve the problem by using this guide, see page 11 for warranty details and call for service.

Warranty & Service

LIMITED CUSTOMER WARRANTY for the PHP Zero-Gravity

WARRANTY, subject to limitations set forth herein.

Labor: If during the **One (1) YEAR** period commencing on the date of delivery to the original owner, any defect shall occur which is covered under this Limited Warranty (see limitation section below), Premier Health Products will provide labor without charge.

Parts: If any defect shall occur within the first **Three (3) Year** time period on the covered parts, Premier Health Products will repair or replace those parts.

Shipping: Return shipping to our service center will be paid by Premier Health Products for the first **One (1) Year**. Boxing, packaging material and availability for pickup of any items to be returned for repair will be the responsibility of the customer. Shipping only applies to chairs sold and delivered in the contiguous 48 United States of America.

LIMITATIONS: This Limited Warranty shall be void if in the sole discretion of Premier Health Products the defect was caused by accident, misuse and improper or unauthorized service, alteration or tampering. In addition this Limited Warranty does not cover upholstery or covering defective due to the above listed circumstances. The Limited Warranty does not include costs for unnecessary service calls, including costs for in home service solely for the purpose of educating the customer about the product. This warranty is not transferable and not valid in commercial applications.

SERVICE: To obtain service, call the warranty Service Authorization Center at 303-670-8882. If upon examination by the service center no breakdown is found, you will be responsible for all charges incurred.

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